

Children's Booklist

Fruits & Vegetables

Title of Book/Author	Cover	Child's Age Range	ISBN #
Yum-Yum Baby! <i>Wood, A.J.</i>	Board Book	Age 9 mo – 2 yr	1592238033

Rhyming text describes which meals of the day a baby is hungry for, while labeled illustrations introduce related words, such as banana, cup and peas.

Sweet as a Strawberry <i>Smallwood, Sally</i>	Paperback	Age 9 mo – 2 yr	1840894199
---	-----------	-----------------	------------

A mixture of art, photography and large, clear type introduces children to the correlation between textures, tastes and appearances of fruits and vegetables. Each book displays a clear photograph of the food against a dramatic painted background. Upon opening the full-page foldout of the fruit or vegetable, kids can distinguish which are hot and spicy, cool and smooth, or sweet and juicy.

Grandpa's Garden Lunch <i>Caseley, Judith</i>	Hardcover	Age 9 mo – 3 yr	0688088171
---	-----------	-----------------	------------

After helping Grandpa in the garden, Sarah and her grandparents enjoy a lunch made from home-grown vegetables.

Happy Healthy Monsters Eat Your Colors (Sesame Street) <i>Albee, Sarah</i>	Board Book	Age 9 mo – 3 yr	0794410057
--	------------	-----------------	------------

Elmo and his buddies as they have lunch and teach kids about the importance of eating a variety of healthy "all-the-time foods" like fruits and vegetables every day, while limiting less nutritious "sometimes food" snacks. Kids can help their favorite Sesame Street friends make healthy choices by placing the 10 reversible board food disks onto each character's lunch tray.

The Carrot Seed <i>Krauss, Ruth</i>	Board Book	Age 1 – 2	0694004928
--	------------	-----------	------------

A young boy plants and cares for a carrot seed that everyone says will not grow, but he lovingly tends to his seed and he eventually grows a large carrot.

Lunch <i>Flemming, Denise</i>	Paperback	Age 1 – 4	0805046461
--------------------------------------	-----------	-----------	------------

One hungry mouse peeks out of his hole and sniffs...LUNCH! Children can guess what fruit or vegetable comes next as the voracious rodent munches his way through yellow corn, green peas, orange carrots and the rest of the colors.

Fruits and Vegetables / Frutas y Vegetales <i>Rosa-Mendoza, Gladys</i>	Board Book	Age 1 – 6	1931398100
--	------------	-----------	------------

Introduces children to fruits and vegetables through beautiful illustrations. Bi-lingual.

Growing Vegetable Soup <i>Ehlert, Lois</i>	Board Book	Age 2 – 4	0152061762
--	------------	-----------	------------

Together, a father and child share the joys of planting, watering and watching seeds grow. And once their harvest of tomatoes, potatoes, cabbage and corn is ready, they'll cook it up into the best soup ever!

Orange Pear Apple Bear <i>Gravett, Emily</i>	Hardcover	Age 2 – 4	1416939997
--	-----------	-----------	------------

Explores concepts of color, shape and food using only five simple words as a bear juggles and plays.

Fruits & Vegetables (continued)

Title of Book/Author	Cover	Child's Age Range	ISBN #
The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear <i>Wood, Don</i>	Board Book	Age 2 – 4	0859536599

Little Mouse worries that the big, hungry bear will take his freshly picked, ripe, red strawberry.

Eating the Alphabet <i>Ehlert, Lois</i>	Board Book	Age 2 – 5	015201036X
--	------------	-----------	------------

An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.

Market Day <i>Ehlert, Lois</i>	Paperback	Age 2 – 6	0152168206
---------------------------------------	-----------	-----------	------------

A young boy plants and cares for a carrot seed that everyone says will not grow, but he lovingly tends to his seed and he eventually grows a large carrot.

A Story about Raisins <i>Adler, Karen</i>	Hardcover	Age 3 and Up	0967977231
--	-----------	--------------	------------

Covers the history of how raisins were discovered and how they are produced. The book emphasizes nutrition and even has simple recipes for children to make. A CD is included which contains three songs and a narration of the story.

Food For Thought <i>Freyman, Saxton & Elffers, Joost</i>	Paperback	Age 3 – 6	0439110181
---	-----------	-----------	------------

Shapes: Is that a carrot or a triangle? Colors: Watch for peppers in every range of the rainbow. Numbers: A zero-to-ten zoo! ABCs: A full produce section of sculptures acts out the alphabet. And Opposites: You've never seen Up/Down and Big/Little like this before!

Oliver's Fruit Salad <i>French, Vivian</i>	Hardcover	Age 3 – 6	0531300870
---	-----------	-----------	------------

Although he loves to help Grandpa pick fresh fruit, Oliver will not eat any until one day Mom prepares something very special in a big glass bowl.

Oliver's Vegetables <i>French, Vivian</i>	Hardcover	Age 3 – 6	0531094626
--	-----------	-----------	------------

While visiting his grandfather, who has a wonderful garden, Oliver learns to eat vegetables other than potatoes.

An Island in Soup <i>Levert, Mireille</i>	Paperback	Age 3 – 6	0888995059
--	-----------	-----------	------------

Staring at the fish soup he doesn't want to eat, Victor imagines that he is on an island of overgrown celery where he conquers a fierce pepper dragon only to be barraged by a wealth of terrifying ingredients. Soon Victor unexpectedly discovers that the dreaded fish soup is quite delicious.

Screen Time (continued)

Title of Book/Author	Cover	Child's Age Range	ISBN #
Fix-It <i>McPhail, David</i>	Paperback	Age 2 – 5	0140547525

Emma wants to watch television one morning, but the set won't work. How her parents try to fix it—and how Emma finds consolation in a book instead. Even when the television is fixed, Emma is too busy reading her book to watch it.

Mouse TV <i>Novak, Matt</i>	Paperback	Age 3 – 6	0531070999
------------------------------------	------------------	------------------	-------------------

What to watch on TV is always a dilemma in the Mouse family—everybody wants to watch something different. When the TV breaks, the mice are thrown into a tailspin wherein they discover the joys of new-found games and exploring, dancing and dressing up, even bedtime stories. And best of all, there are no commercials!

Berenstain Bears & Too Much TV <i>Berenstain, Stan & Jan</i>	Paperback	Age 4 – 7	0808531689
--	------------------	------------------	-------------------

When Mama Bear decides her family spends too much time in front of the TV, she bans it for a week. Then the Bear family finds other ways to have fun and keep busy, so they watch less when TV is allowed again—and they don't even miss it. *Available in Spanish (Los Osos Berenstain y Demasiada Televisión)

Berenstain Bears & The Trouble with Commercials <i>Berenstain, Stan & Jan</i>	Paperback	Age 4 – 7	0060573872
---	------------------	------------------	-------------------

Brother and Sister Bear are not greedy children, but all the toys and candy on TV look so great! Mama Bear has to find a way to teach her cubs that they can't believe everything they see...before that pile of unused toys gets any bigger.

The Best Way to Play <i>Cosby, Bill</i>	Paperback	Age 4 – 8	0590956175
---	------------------	------------------	-------------------

Little Bill and his friends, avid fans of the television show "Space Explorers," clamor to get the video game version, but they find that they have more fun using their imagination while playing outside.

Mama Rex and T—Turn off the TV <i>Vail, Rachel</i>	Paperback	Age 4 – 8	0613951042
--	------------------	------------------	-------------------

It's a rainy Saturday morning and T plans to watch TV all day long. Then suddenly, lightning flashes, thunder crashes and the room goes dark. The apartment has no power, and that means no TV for T! Now T's day will be dull, dull, dull—or so he thinks. Mama Rex has a plan to fill T's no-TV morning with rainy-day adventures. What will Mama Rex and T do to lighten up their day in the dark?

Library Lili <i>Williams, Suzanne</i>	Paperback	Age 4 – 8	0140568379
--	------------------	------------------	-------------------

A formidable librarian makes readers not only out of the once-resistant residents of her small town, but out of a tough-talking, television-watching motorcycle gang as well.

When the TV Broke <i>Ziefert, Harriet</i>	Paperback	Age 4 – 8	0140365400
---	------------------	------------------	-------------------

When the television breaks, Jeffrey is forced to find fun and imaginative ways to entertain himself.

Aunt Chip and the Great Triple Creek Dam Affair <i>Polacco, Patricia</i>	Paperback	Age 4 – 9	0399229434
--	------------------	------------------	-------------------

Aunt Chip saves the town of Triple Creek, where everyone has forgotten how to read because of the invasion of television.

Physical Activity

Title of Book/Author	Cover	Child's Age Range	ISBN #
Row, Row, Row Your Boat <i>Kubler, Annie</i>	Board Book	Age 9 mo – 2 yr	0859536580

In this traditional nursery rhyme, a group of babies and their toy animal friends row merrily down the stream.

On the Go! <i>Stockham, Jess</i>	Board Book	Age 9 mo – 2 yr	1846430496
---	-------------------	------------------------	-------------------

Animals move by stretching, jumping and climbing, and readers can flip the page to see babies doing the same action.

Head, Shoulders, Knees and Toes <i>Kubler, Anne</i>	Hardcover	Age 9 mo – 2 yr	0859537284
---	------------------	------------------------	-------------------

An illustrated version of the song which identifies parts of the body.

Eyes, Nose, Fingers, and Toes <i>Hindley, Judy</i>	Board Book	Age 9 mo – 2 yr	0763623830
--	-------------------	------------------------	-------------------

A group of toddlers demonstrate all the fun things that they can do with their eyes, ears, mouths, hands, legs, feet—and everything in between.

Wiggle Waggle <i>London, Jonathan</i>	Board Book	Age 9 mo – 2 yr	0152165886
---	-------------------	------------------------	-------------------

Describes how various animals walk, from the wiggle-waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll, bumble roll of a bear.

Bear About Town <i>Blackstone, Stella</i>	Board Book	Age 1 – 3	1841483737
---	-------------------	------------------	-------------------

The big, friendly bear goes on his daily walk through his neighborhood, meeting the people who live and work nearby.

Feet are Not for Kicking <i>Verdick, Elizabeth</i>	Board Book	Age 1 – 3	1575421585
--	-------------------	------------------	-------------------

Helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.

I Went Walking <i>Williams, Sue</i>	Board Book	Age 1 – 3	0152056262
--	-------------------	------------------	-------------------

During the course of a walk, a young boy identifies animals of different colors.

Skippyjon Jones Shape Up <i>Schachner, Judy</i>	Board Book	Age 1 – 3	0525479579
---	-------------------	------------------	-------------------

Skippyjon Jones, a Siamese cat who thinks he is a Chihuahua dog, exercises using objects of different shapes.

Curious George Rides a Bike <i>Rey, H.A.</i>	Paperback	Age 1 – 4	0395174449
--	------------------	------------------	-------------------

George helps a little boy with his paper route and gets into all sorts of trouble.

Come Play with Elmo! <i>Allen, Constance</i>	Board Book	Age 1 – 4	0794407781
--	-------------------	------------------	-------------------

All the friends on Sesame Street know that exercise is a great way to keep their bodies healthy! This fun board book features four fun novelties that show exercise can—and should—be fun. Kids can make the wheel turn on Elmo's big wheel, slide a ball across the page, move Zoe's arms, and help them all play tag. Simple exercise tips throughout help kids apply what they've learned in their own lives.

Physical Activity (continued)

Title of Book/Author	Cover	Child's Age Range	ISBN #
From Head to Toe Carle, Eric	Hardcover	Age 1 – 4	0064435962

An interactive story that invites kids to imitate animal movements. Watching giraffes bend their necks or monkeys wave their arms is fun, but nothing could be better than joining in. From their heads down to their toes, kids will be wriggling, jiggling and giggling as they try to keep up with these animals! **Available in Spanish (De la Cabeza a los Pies)*

Move! Novak, Matt	Hardcover	Age 1 – 4	061864637X
--------------------------	-----------	-----------	------------

Animals move! Follow them as they swing, dance, float, leap and slide from page to page, then learn why these animals move the way they do. *Move!* is a playful introduction to motion in the animal kingdom that invites young readers to guess some of the unusual ways that animals get around.

The Barnyard Dance Berenstain, Stan & Jan	Board Book	Age 2 – 4	1563054426
---	------------	-----------	------------

Everybody sing along—because it's time to do-si-do in the barnyard with a high-spirited animal crew! Features lively rhyming text and a die-cut cover that reveals the wacky characters inside. Guaranteed to get kids and adults stomping their feet.

Get Moving with Grover Tabby, Abigail	Hardcover	Age 2 – 4	0375830464
---	-----------	-----------	------------

Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around and dancing around the book itself.

Jumping Day Esbensen, Barbara Juster	Paperback	Age 2 – 4	1563978539
--	-----------	-----------	------------

The pleasures of jumping, running, skipping and hopping are celebrated as a little girl starts her day, goes to school and comes home to play.

Doing the Animal Bop Ormerod, Jan	Paperback	Age 2 – 4	0764178997
---	-----------	-----------	------------

Various animals dance to the animal bop, including ostriches, elephants and monkeys; includes read-along compact disc.

I'm as Quick as a Cricket Wood, Audrey	Board Book	Age 2 – 4	0859536645
--	------------	-----------	------------

A young boy describes himself as loud as a lion, quiet as a clam, tough as a rhino and gentle as a lamb.

Duck on a Bike Shannon, David	Hardcover	Age 2 – 4	0439050235
---	-----------	-----------	------------

A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.

Froggy Learns to Swim London, Jonathan	Paperback	Age 3 – 6	0140553126
--	-----------	-----------	------------

Froggy is afraid of the water until his mother, along with his flippers, snorkel and mask help him learn to swim.

General Healthy Eating

Title of Book/Author	Cover	Child's Age Range	ISBN #
Baby Sign for Mealtime <i>Acredolo, Linda</i>	Board Book	Age 6 mo – 1 yr	0060090731

Through baby signing that parents can teach to their children, youngsters can communicate when they want more, when something is too hot, or even to let everyone know the food is all gone!

Bread Bread Bread <i>Morris, Ann</i>	Paperback	Age 6 mo – 5 yr	688063349
---	------------------	------------------------	------------------

What kind of bread do you eat? A bagel? A tortilla? A baguette? All over the world, wherever there are human beings, someone is eating bread. Ann Morris' simple text and Ken Heyman's dazzling full-color photographs reveal for young readers how people eat—and how people live—the world over.

My Food / Mi Comida <i>Emberley, Rebecca</i>	Hardcover	Age 9 mo – 2 yr	0316177189
--	------------------	------------------------	-------------------

Labeled illustrations introduce various familiar foods and their names in English and Spanish.

Eat <i>Intrater, Roberta Grobel</i>	Board Book	Age 9 mo – 2 yr	0439420067
--	-------------------	------------------------	-------------------

A group of babies enjoys some favorite foods—along with making a big mess on their faces when they eat.

Tucking In! <i>Stockham, Jess</i>	Board Book	Age 9 mo – 2 yr	1846430461
--	-------------------	------------------------	-------------------

Animals and young children enjoy the same types of food, including oats, oranges and fish, in a book with pictures hidden beneath the flaps.

Baby Food <i>Miller, Margaret</i>	Board Book	Age 1 – 2	0689831900
--	-------------------	------------------	-------------------

Hey, baby! Look at these babies having fun with food!

Crunch Munch <i>London, Jonathan</i>	Board Book	Age 1 – 3	0152166009
---	-------------------	------------------	-------------------

Shows how different animals eat, from the nibble bibble of the chipmunk to the zap! zap! zap! of the frog, and reveals the tasty morsels that each animal loves, from the yummy ants for the aardvark to the green leaves for the giraffe.

My Very First Book of Food <i>Carle, Eric</i>	Board Book	Age 1 – 3	0399247475
---	-------------------	------------------	-------------------

A split-page board book provides a simple introduction to the foods animals eat as preschoolers are challenged to match up the image of the food with the animal presented.

Let's Eat / Vamos A Comer <i>Benjamin, Alan</i>	Board Book	Age 1 – 4	0671769278
---	-------------------	------------------	-------------------

Featuring simple, colorful illustrations of fruits and vegetables, simple meals, and familiar kitchen utensils, this bi-lingual book introduces words in English and Spanish. From cup (taza) to ice cream (helado) and carrot (zanahoria), young children will have fun using these words during every meal. **Bi-lingual*

Very Hungry Caterpillar, The <i>Carle, Eric</i>	Board Book	Age 1 – 4	0399226907
---	-------------------	------------------	-------------------

Follows the progress of a hungry little caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep. Die-cut pages illustrate what the caterpillar ate on successive days. **Available in Spanish (La Oruga Muy Hambrienta)*

General Healthy Eating (continued)

Title of Book/Author	Cover	Child's Age Range	ISBN #
World Snacks: Chaat and Sweets <i>Sanger, Amy Wilson</i>	Board Book	Age 2 – 4	1582461937

Through the author's trademark collage art, introduces toddlers to the Indian finger foods known as chaat, including phel puri, tandoori chicken and sweet coconut cham-cham.

World Snacks: First Book of Sushi <i>Sanger, Amy Wilson</i>	Paperback	Age 2 – 4	1582460507
--	------------------	------------------	-------------------

Illustrations and rhyming text introduce a variety of Japanese foods.

World Snacks: Hola Jalapeno <i>Sanger, Amy Wilson</i>	Board Book	Age 2 – 4	1582460728
--	-------------------	------------------	-------------------

Illustrations and rhyming text, sprinkled with some Spanish words, introduce a variety of Mexican foods.

World Snacks: Let's Nosh <i>Sanger, Amy Wilson</i>	Board Book	Age 2 – 4	1582460817
---	-------------------	------------------	-------------------

Illustrations and rhyming text introduce a variety of Jewish foods, from gefilte fish to challah bread, chicken soup to matzoh.

World Snacks: Mangia! Mangia! <i>Sanger, Amy Wilson</i>	Board Book	Age 2 – 4	1582461449
--	-------------------	------------------	-------------------

The sixth book in the World Snacks series pays tribute to dishes from the Italian table, from hearty minestrone and risotto to sweet, cool gelato.

World Snacks: Yum Yum Dim Sum <i>Sanger, Amy Wilson</i>	Board Book	Age 2 – 4	1582461082
--	-------------------	------------------	-------------------

Easy-to-read rhyming text introduce children to the varied Chinese foods called dim sum, meaning a little bit of heart.

When I'm Hungry <i>Howard, Jane</i>	Hardcover	Age 2 – 4	0525449833
--	------------------	------------------	-------------------

A child imagines eating like a variety of animals, catching food or eating it off the trees, but decides that using a plate and glass is best.

Vegetable Friends <i>Lawlor, Tony & Kociemba, Bruce</i>	Hardcover	Age 2 – 5	0965300358
--	------------------	------------------	-------------------

Learning about vegetables and how good they are to eat will be fun when you spend some time with the Vegetable Friends. The Vegetable Friends characters come to life in this delightful series of nursery rhymes that entertain and educate children about vegetables. This book combines fun and imagination while providing educational content.

Grover's Guide to Good Eating <i>Kleinberg, Naomi</i>	Hardcover	Age 3 – 6	037584063X
--	------------------	------------------	-------------------

Little ones can join their host Grover and his assistant Elmo in the Good Eats Café where they will learn all about good nutrition and healthy eating!

Fast Food <i>Freyman, Saxton & Elffers, Joost</i>	Hardcover	Age 3 – 6	043911019X
--	------------------	------------------	-------------------

Kids everywhere will thrill over the array of transportation methods on display, from enormous rockets and grand ocean liners to the simplest mechanism of all: your feet.

Breastfeeding Book List

Title of Book/Author	Cover	Child's Age Range	ISBN #
Mommy Breastfeeds My Baby Brother <i>Repkin, Mark</i>	Hardcover	Not noted	981653804
While Jenna's new baby brother is being breastfed, she learns the importance of nursing and looks forward to her own time with Mom and Dad and her special feeding time toys.			
What Baby Needs <i>Sears, William</i>	Hardcover	Age 0 and up	316788287
What Baby Needs tells soon-to-be older siblings about a new baby's needs and demands and suggests ways that they can participate in the new baby's care. With concise, simple, and reassuring text and warm and lively illustrations.			
I'm Made of Mama's Milk <i>Olsen, Mary</i>	Board Book	Age 0 and up	971537402
In simple rhyming verse, a blissful and contented nursing describes her love for nursing, how breast feeding benefits her, and when, where and how she nurses her mother. Colorful and dreamy soft-focus images realistically depict the joyful and sensual bond between the mother and child as well as the support and adoration of the father.			
Nursing Baby <i>Berry, Janine Rachel</i>	Paperback	Not noted	1413730791
Benjamin, a typical post-toddler, thinks he knows all the answers until his new baby sister arrives. He doesn't understand why his parents aren't feeding her. Instead of asking his parents how they are feeding his new baby sister, he engages his imagination while trying to figure it out for himself. His concern turns to worry as he searches for answers throughout his home. Through bottles, a nurse, even cats and kittens, the story emerges through the eyes of a child and humorously transforms from imaginative play to the educational ending that explains nursing in a very simple manner.			
Mama Means Milk <i>Myers, Anne Marie</i>	Paperback	Not noted	968945406
Mama Means Milk is written for mothers and their nursing children, and features families of diverse origin. The lovely watercolor illustrations and simple text will appeal to babies and toddlers, as well as parents and grandparents. The book's message promotes attachment parenting, co-sleeping and breastfeeding beyond infancy. Mama Means Milk is a useful resource in breastfeeding initiatives, education, and public health programs. (Note: co-sleeping is not recommended)			
Near Mama's Heart <i>Newman, Colleen</i>	Paperback	Not noted	1412079195
Near Mama's Heart is a gentle and loving book with real pictures of nursing babies and their families. The heart-warming verse and exceptional photography flawlessly display the beauty and importance of breastfeeding.			
We Like to Nurse <i>Martin, Chia</i>	Paperback	Age 2 and up	934252459
Brilliantly illustrated, this book celebrates the wonder of breastfeeding in humans and animals. A lovely book for young children and mothers.			
Mama's Milk (Available in Spanish) <i>Ross, Michael Elsohn</i>	Paperback	Age 3 and up	1582462453
Celebrating the warm and loving bond between mammal mamas and their babies, this lushly illustrated book shows little ones doing what comes naturally--nursing. A perfect choice for cuddling up with a breast-feeding child or preschoolers who wonder how new babies get fed.			

Breastfeeding Book List

Title of Book/Author	Cover	Child's Age Range	ISBN #
Breastmilk Makes My Tummy Yummy <i>Moen, Cecilia</i>	Hardcover	Not noted	9163082535

A picture book for children celebrating the joys of breastfeeding. The color illustrations show breastfeeding scenes parents and children will recognize with a smile.

The Mystery of the Breast <i>Aboitiz, Victoria</i>	Paperback	Not noted	1905177313
--	-----------	-----------	------------

When a little girl's baby brother is born, she begins to investigate the 'mystery of the breast' as she sees her mother breastfeed the new arrival. This beautifully illustrated book reminds children and adults alike of the special bond between mother and baby, and is especially suited to be read with older siblings of breastfed babies.

You, Me and the Breast <i>Calaf, Monica</i>	Paperback	Age 3 and up	1905177526
---	-----------	--------------	------------

"When you came out of my tummy, the first thing you looked for was my breast." This beautifully illustrated book tells the story of the powerful bond shared between a mother and her newborn baby.

The Wonders of Mother's Milk <i>Purnell-O'Neal, Mishawn</i>	Hardcover	Not noted	971219923
---	-----------	-----------	-----------

"When you came out of my tummy, the first thing you looked for was my breast." This beautifully illustrated book tells the story of the powerful bond shared between a mother and her newborn baby.

Mommy Feeds Baby <i>Hendricks, Christy Jo</i>	Hardcover	Not noted	983184801
---	-----------	-----------	-----------

Mommy Feeds Baby is a wonderful new children's book that normalizes breastfeeding.

Best Milk <i>Carothers, Kate</i>	Paperback	Age 3 and up	1890772984
---	-----------	--------------	------------

Best Milk is delightful children's book of the modern breastfeeding family as seen from a child's perspective. A perfect gift for a child expecting a new baby sibling. Inside Best Milk you and your child will see beautiful illustrations of different mammals nursing, babywearing, nursing in public, convenient ways to breastfeed while keeping your other child involved, and even pumping.

We Like to Nurse Too <i>Young, Mary</i>	Paperback	Age 2 and up	1890772984
---	-----------	--------------	------------

This is a children's picture book. Children learn about the nursing habits of animals they love from all parts of the world --porpoises, dolphins, sea lions, orca whales and others. The book is another celebration of the mother-infant bond that is naturally established through nursing.

The Best Gifts <i>Forchuk Skrypuch, Marsha</i>	Hardcover	Age 5 and up	1554552834
--	-----------	--------------	------------

An adult remembers the gifts from her parents like time, love, and breastfeeding, and then passes them along to her own child.

Healthy Beverages Booklist

Title of Book/Author	Cover	Child's Age Range	ISBN #
Oliver's Milkshake <i>French, Vivian</i>	Hardcover	Age 3-6	531303047

Auntie Jen takes Oliver to a farm, buys the special ingredients she needs, and makes him a yummy scrummy fruity frothy icy nicy tip top tasty dreamy creamy milk shake.

Mr. Sugar came to Town / La Visita del Sr. Azucar <i>Sanger, Amy Wilson</i>	Hardcover	Age 5-8	892390603
---	-----------	---------	-----------

Mr. Sugar tries to use his truck of sweet goodies to lure children away from Grandma Lupe's delicious tamales. *Bilingual

What's for Lunch? Milk <i>Llewellyn, Claire</i>	Hardcover	Age 6-Up	516262211
---	-----------	----------	-----------

Milk explains the processes involved in producing milk, tracing it from its origins at the dairy farm to the finished product at the store.

World Snacks: Let's Nosh <i>Sanger, Amy Wilson</i>	Hardcover	Age 6-Up	516262211
--	-----------	----------	-----------

Illustrations and rhyming text introduce a variety of Jewish foods, from gefilte fish to challah bread, chicken soup to matzoh.

Potter the Otter <i>Shalini Singh</i>	Electronic	Not stated	http://first5ventura.org/sites/default/files/PotterOtterLovesWater.pdf
--	------------	------------	---

Potter the otter shares a tale about water. *Bilingual

Drinking Water <i>Schuh, Mari</i>	Paperback	Age 4-Up	0736869263
--	-----------	----------	------------

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes the benefits of drinking water and why drinking water is good for us. This book supports MyPyramid.

Hooray for Dairy Farming! <i>Kalman, Bobbie</i>	Paperback	Age 4-Up	0865056641
---	-----------	----------	------------

Using a combination of photographs, illustrations, and concise text, this book describes life on a dairy farm. Organized into fourteen short chapters, it provides clear information about the life of cows, bulls, and calves, and the cow's nutritional product, milk. The book includes a recipe for a banana milkshake, a table of contents, vocabulary, and index.

The Milk Group <i>Schuh, Mari</i>	Hardcover	Age 2 - 5	0965300358
---	-----------	-----------	------------

This book is one in the Eating Healthy with MyPyramid series for children ages 4-7. These books teach the importance of healthy eating and physical activity while engaging children with full-color photos and easy to read text. This book clearly describes the Milk Group, how to make healthier choices within this food group, and how foods in the milk group are good for us. This book supports MyPyramid.